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PAGE 14

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Brian Michasiw, winner of the 2013 Saskatchewan Marathon, receives a congratulatory hug from his daughter at the finish line on Sunday morning. Finishing the race with a time of 2:49, he said this event was an important one for him because the recent Boston Marathon bombings affected him and the entire running community. MORGAN MODJESKI/METRO

Running the
good race

Local man wins 35th Saskatchewan Marathon. Spectators, runners sing Sweet Caroline before race to remember Boston Marathon victims



MORGAN MODJESKI
morgan.modjeski@metronews.ca

For the sixth time in his running career, Saskatoon's Brian Michasiw has won the Saskatchewan Marathon.

Finishing seconds before last year's winner, Brendan Lundy of Camrose, Alta., he said the win was far from a sure thing as he and Lundy ran together for a long stretch of the race.

"If I were to bet, I would have bet (Lundy) would have won today," said Michasiw. "When you get older and you've got kids and a family,

you can't train as hard as you used to and I think both of us were kind of feeling the effects of that and I just had a slightly better day than him."

can't let fear control you."

Shad Ali, co-race co-ordinator of the Saskatchewan Marathon, said about 3,700 people participated in this

Quoted

"If anything it's made me want to run even more and show that you can't let fear control you."

Saskatchewan Marathon winner Brian Michasiw, on the impact the recent bombings at the Boston Marathon had on him.

Michasiw also noted that winning the 2013 Saskatchewan Marathon is an important one for him as the recent bombings at the Boston Marathon, which killed three people and injured about 280, had a real impact on him.

"It really hit close to home," said Michasiw.

"I know a lot of people who were at Boston and their families.... I was kind of shaken up by the whole thing, but if anything it's made me want to run even more and show that you

year's event and that the number of participants continues to grow each year.

"This marathon is one of the few in the country where the number of people running the marathon distance has been increasing," said Ali. "Last year we put on a 30 per cent increase in the number, and this year a 15 per cent increase, and our half-marathon and our 10 km just continue to explode every year."

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Saskatoon Valkyries bounce back against Regina Riot

Provincial rivals.

Coaches for both teams say game was one of best in WWCF history



MORGAN MODJESKI

morgan.modjeski@metronews.ca

The Regina Riot and the Saskatoon Valkyries were hungry for a win over the weekend.

The provincial rivals passed the lead back and forth during Sunday's game at Griffiths Stadium in Saskatoon, with the Valkyries emerging the victor with a final score of 48-45.

Valkyries head coach Jeff Yausie said he was pleased with the win, as it was a chance for the Valkyries to redeem themselves after a 15-7 loss against the Riot on May 12.

"Our goal is always to win," said Yausie. "I think we didn't execute what we thought very well when we were in Regina, but we put a lot of points on the board today, so our offence executed very well."

Yausie noted although the team managed to come out on

top during Sunday's game, he said the focus would remain on excelling under pressure.

"In football, it's how you respond when you're stressed," said Yausie. "We were stressed today and we stressed the first time we played them. But our team responded and that shows you something about our players ... so we'll go back to practice and keep working hard."

Regina Riot head coach Darren Fisher said even though it wasn't the result he was hoping for, it was still an exciting game, and overall he was pleased with his team's performance.

"There's a lot of little things we could have done a little bit better. But you know what? It was fantastic game. (The Valkyries) are a great team so they're always going to be tough to play," said Fisher. "It took us a while to get to their level, but we're getting close — we're fighting with them."

Both teams will get a break next weekend as they don't play again until the Prairie Conference final, scheduled for June 9.



Saskatoon Valkyries linebacker Beth Thomson, left, takes down Regina Riot running back Chantel Morrison with the help of defensive line Brandy Sokoloski in Sunday's game. Despite tossing the lead back and fourth several times throughout the game, the Valkyries managed to rough up the Riot with a final score of 48-45. MORGAN MODJESKI/METRO

Taking steps against global poverty

More than 300 people from across Saskatchewan took steps — many of them — in Regina on Sunday to battle world-wide poverty.

The World Partnership Walk raises funds for development projects aimed at fighting global poverty with the non-profit Aga Khan Foundation Canada.

"We live in a global planet and we are very interconnected. It's hard to believe that in 2013, there are still people in this planet living on \$2 a day," said Nancy Tse, regional cam-



Belly dancers perform on Sunday at Wascana Park, as part of the World Partnership Walk celebration.

ALYSSA MCDONALD/METRO

paign manager for the foundation.

"As global citizens, we need to all do our part."

The walk was spearheaded in 1985 in Vancouver by women who, after coming to Canada, wanted to try to help people in their home countries in Africa and Asia. The group raised \$55,000 with that first event, while getting 1,000 people to participate.

The walk has since spread to 10 Canadian cities and 40,000 participants. It raised \$7 million last year for various development projects.

"This walk is supported by a

number of people who originally are from those communities," said Tse.

Sunday's event in Regina, at Wascana Park and at the grounds of the legislature, raised nearly \$100,000. But donations won't stop coming in until after the other walks in Canada are completed, so organizers are hoping they will surpass \$100,000.

"It's great to see how much Canadians care about people," said Shahzad Khoja, who moved to Regina from Pakistan four years ago and volunteers

as a convenor for the walk.

"We had more than 50 people from Saskatoon come (on a bus), just for the walk," Khoja added. "It's the entire Saskatchewan who is making the effort."

The event kicked off with participants — some as young as three years old — walking around Wascana, and featured performances of traditional and choreographed Bhangra, Afghani and Indian dance as well as belly dancing and singing.

ALYSSA MCDONALD/METRO REGINA

Estevan

Man dead after SUV rolls over on Highway 18

A rollover near Estevan on Saturday afternoon has left one man dead.

The crash happened on Highway 18, approximately 26 kilometres west of Saskatoon. RCMP say the

39-year-old driver of the SUV died at the scene.

Road conditions and visibility at the time of the rollover were in good condition, stated RCMP. Weather was sunny, but windy. Speeding is believed to be one of the contributing factors in the rollover.

The name of the deceased will not be released at the request of family.

METRO

North Battleford

Investigation ongoing after drive-by shooting

RCMP continue to investigate an apparent drive-by shooting in North Battleford that left a 24-year-old man in serious condition.

The incident happened around 10 a.m. Saturday

in the 1700 Block of 104th Street. "Preliminary information suggest the suspect(s) drove up to the scene in a vehicle, fired several rounds at the residence and/or victim and fled the scene in the same vehicle," according to an RCMP release.

A search warrant was executed in the early evening on Saturday. At press deadline, no suspects had been identified. It is believed five or

more rounds were fired during the incident in question.

As of Sunday morning, the victim, who was transferred from hospital in North Battleford to hospital in Saskatoon for surgery, was able to speak with investigators.

Anyone with any information is asked to contact the North Battleford RCMP at 306-446-1720 or Crime Stoppers at 1-800-222-TIPS (8477).

METRO

Britain. Killing suspect arrested in 2010 in Kenya

A suspect in the savage killing of a British soldier on a London street was arrested in Kenya in 2010 near the East African country's border with Somalia, an anti-terrorism police official said Sunday.

Michael Adebolajo was believed to have been preparing to train and fight with the al-Qaida-linked Somali militant group al-Shabab in 2010 when he was arrested with five others, Kenya's anti-terrorism police unit head Boniface Mwaniki told The Associated Press.

Mwaniki said that the suspect was then deported. However, Kenya's government spokesman said he was arrested under a different name and handed to U.K. authorities.

"Kenya's government arrested Michael Olemendis Ndemolajo. We handed him to British security agents in Kenya and he seems to have found his way to London and mutated to Michael Adebo-

lajo," spokesman Muthui Kariuki said. "The Kenyan government cannot be held responsible for what happened to him after we handed him to British authorities."

Kariuki said Adebolajo was travelling on a British passport, but he could not confirm if it was authentic.

British soldier Lee Rigby, 25, was run over and stabbed in the Woolwich area in southeast London on Wednesday afternoon as he was walking near his barracks.

Adebolajo, 28, and Michael Adebowale, 22, are suspected in the killing and remained under armed guard in separate London hospitals after police shot them at the scene.

Adebolajo's friend asserted in a BBC interview that Adebolajo became withdrawn after he allegedly suffered abuse by Kenyan security forces during interrogation in prison there.

THE ASSOCIATED PRESS

France

Cops hunting for man who stabbed soldier in throat

French anti-terrorism investigators were searching Sunday for a man who stabbed a soldier in the throat in the commercial district of La Defence outside Paris.

The 23-year-old soldier, Cedric Cordier, was in uniform patrolling the busy underground corridors beneath the famous Arch of La Defence.

Saturday's stabbing came days after a British soldier was hacked to death

on a London street in a suspected terrorist attack that has raised fears of potential copycat strikes. However, there was no immediate confirmation of any link between the two attacks.

Cordier remained hospitalized Sunday but officials said his throat wound wasn't life-threatening.

France's defence minister said Cordier was targeted because he was a soldier.

Speaking shortly after the attack, French President Francois Hollande said that while "all hypotheses" will be investigated, there didn't appear to be a link with the attack in London.

THE ASSOCIATED PRESS



U.S. President Barack Obama is greeted as he tours a tornado-affected area Sunday in Moore, Okla. Obama is in the Oklahoma City area to survey damage from last week's tornado and to meet with victims and first responders. MANDEL NGAN/GETTY IMAGES

Obama visits Okla. tornado victims

Consolation. President offers federal support in rebuilding efforts

U.S. President Barack Obama flew to tornado-ravaged Oklahoma Sunday, offering moral and monetary support to people still reeling from lost lives and shattered neighborhoods. He told survivors, "You've got folks behind you" across America.

Standing with Oklahoma Gov. Mary Fallin and other state and federal officials amid the devastation wrought by the

monstrous tornado, Obama said, "A picture's worth a thousand words." He said the rebuilding job will be enormous and "we're going to be with you all the way."

"Our hearts go out to you," Obama said, noting the loss of life and some 1,200 homes. He urged the American people to pitch in and help, saying that in instances such as this, the president serves as a "messenger" for all citizens, bringing words of condolence, promises of government assistance and pleas for private contributions.

Twenty-four people, including 10 children, died when the

tornado hit last Monday.

The extraordinarily powerful twister was known as an EF5, ranking it at the top of the enhanced Fujita scale used to measure tornado strength.

Obama rode past fields strewn with scattered debris, witnessing devastation so awesome it appeared as if garbage had rained from the sky. His first stop was the demolished site of the Plaza Towers Elementary School, where seven students were killed when the tornado turned the building into a heap of bricks, broken concrete and twisted metal.

THE ASSOCIATED PRESS

FEMA response

The Federal Emergency Management Agency's contributions:

- 450 FEMA personnel on the ground
- 43,000 meals, 150,000 litres of water and thousands of blankets, cots, and tarps delivered
- \$3.4 million in assistance payments approved

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OUTTA BOUNDS

Ford brothers add a little smack talk to crack talk

Drug allegations.

Toronto mayor and councillor use radio show to bash accusers

The embattled mayor of Toronto took control of the narrative surrounding allegations of crack cocaine use, vowing Sunday not to let media “maggots” interfere with his mayoralty.

Rob Ford used his weekly radio show to decry his critics, tout his own political record and confirm his intention to seek re-election.

He even lamented the loss of his volunteer high school football-coaching job, a development his brother, who joined him on the airwaves, suggested may have been influenced by higher political forces.

Ford’s confidence was markedly different from the evasion seen ever since reports surfaced of a video that allegedly shows him smoking what appears to be crack cocaine.

“No matter what you say, I’ve found out, to the media, you’re never going to make them happy,” Rob Ford said on NewsTalk1010.

Ford — who has faced calls to step down in recent days — added he plans to start campaigning for the next municipal election as soon as possible, saying, “I’ll be the first one putting my name on that ballot.”

The mayor’s brother, Coun. Doug Ford, lashed out at critics who’ve suggested his family has hurt the city’s reputation.

Doug Ford found himself under scrutiny as well after a Globe and Mail article on Saturday claimed he dealt hashish in for several years in the ‘80s — allegations he has denied.

“I never start a fight, but when someone comes up and punches you in the head 15 times, tries to attack your credibility, your character, try to go after your family’s character ... I go swinging back,” he said.

“Journalism in my opinion has sunk to an all time low.”

THE CANADIAN PRESS



Toronto Mayor Rob Ford arrives at a radio station on Sunday for his weekly radio program with his brother Doug. Allegations that the mayor might have been filmed smoking crack cocaine have attracted international media attention and inspired late-night TV jokes. AARON VINCENT ELKAIM/THE CANADIAN PRESS

CSIS kept quiet on spy to protect own secrets



Jeffrey Delisle pleaded guilty to violating the Security of Information Act and was sentenced to 20 years in prison in February. ANDREW VAUGHAN/THE CANADIAN PRESS FILE

Canada’s spy agency clandestinely watched a navy officer pass top secret information to Russia for months without briefing the RCMP — a previously unknown operation that raises questions about whether Jeffrey Delisle could have been arrested sooner.

The Canadian Press has learned that the FBI alerted the Canadian Security Intelligence Service (CSIS) to Delisle’s illicit dealings with Moscow well before the Mounties took on the file

in December 2011 and later brought him into custody.

CSIS ultimately decided not to transfer its thick Delisle dossier to the RCMP. The spy agency, acting on legal advice, opted to keep its investigation sealed for fear of exposing a trove of Canadian and U.S. secrets of the intelligence trade in open court proceedings.

In a bizarre twist, it fell to the FBI — not CSIS — to send a letter to the RCMP spelling out how a Canadian was pilfering extremely sensitive

information, including highly classified U.S. material.

The RCMP had to start its own investigation of Delisle almost from scratch. The delay alarmed and frustrated Washington as the geyser of secrets continued to spew.

At one point the Americans, eager to see Delisle in handcuffs, sketched out a Plan B: Luring the Canadian officer to the U.S. and arresting him themselves, perhaps during a stopover en route to a Caribbean vacation.

THE CANADIAN PRESS

Reactions

Intelligence historian Wesley Wark, who served as an expert witness at Delisle’s sentencing, said it would be “scandalous” if the system did indeed break down.

- According to Delisle’s lawyer, it also flags legal concerns about the government’s obligation to disclose everything it knows to an accused.

Senate expense scandal

Ex-Mountie fears Tory control

A former RCMP superintendent says he’s never seen the degree of political control over the Mounties that exists now, and says it “does not bode well” for a police investigation of the Senate expense scandal.

Garry Clement, a 30-year veteran of the force,

told CTV on Sunday that he knows the investigating officer involved in the Senate case has the “utmost credibility.”

However, he also called out Public Safety Minister Vic Toews, saying, “Let’s be honest, the direction that Mr. Toews as a minister, everything’s got to go through him, in my mind does not bode well for objectivity.”

THE CANADIAN PRESS

Halifax

Cat lady has over 50 felines taken away

More than 50 cats living in a one-bedroom apartment in Halifax have been taken from their owner.

The Disaster Animal Response Team of Nova Scotia (DARTNS) said it helped remove 51 cats after being contacted by the landlord on Friday.

Catherine Stevens, communication director for DARTNS, said a female senior co-operated as her animals were taken away.

“The cats were being fed and watered ... there are no cats abused,” she said.

“She thought she was doing a great job (by caring for them), as most hoarders do,” Stevens added. “It’s somebody trying to do a good thing, but it goes bad.” METRO IN HALIFAX

Resident evil

Man sleeping on bloodied ground at Magnotta’s old flat

Tenants in a Montreal apartment block have made their home at the scene of one of Canada’s most notorious slayings — the former abode of accused killer Luka Rocco Magnotta.

Supt. Eric Schorer lost

tenants from around 10 units shortly after the incident. Magnotta’s former home remained vacant for over half a year.

He doesn’t think the current tenant, whom he described as a foreigner, knows anything about its past.

“We don’t advertise it, obviously,” said Schorer, who has fully renovated the unit.

“The only problem ... is people who are afraid of ghosts.” THE CANADIAN PRESS

Myth of the maple moola: Dozens ask BoC if new bills have syrup scent

Scratch 'n' sniff secret?

Correspondence shows Canadians contacted central bank to inquire whether polymer notes have a whiff of érable

The penny may be history, but some Canadians suspect the Bank of Canada has been circulating a new scent along with its plastic bank notes.

Dozens of people who contacted the bank in the months after the polymer notes first appeared asked about a secret scratch-and-sniff patch that apparently smells like maple syrup.

"I would like to know ... once and for all if these bills are in fact scented, as I do detect a hint of maple when smelling the bill," says a typical email from a perplexed citizen.



Good enough to eat with pancakes? Finance Minister Jim Flaherty holds a new polymer \$100 bill in this 2011 file photo. Rumours about maple-scented bills began soon after the \$100 note, which was the first of the plastic banknotes to be introduced, began circulating in late 2011. Now, correspondence shows many Canadians have gone to the trouble of contacting the Bank of Canada to ask if the rumours are true. THE CANADIAN PRESS FILE

Said another: "They all have a scent which I'd say smells like maple? Please advise if this is normal?"

Under the Access to Information Act, The Canadian

Press obtained a year's worth of correspondence to the Bank of Canada from ordinary Canadians about the new currency. Names were withheld to protect privacy.

For the record, bank official Jeremy Harrison says no scent has been added to any of the new bank notes.

The maple mystery was born soon after the first poly-

mer note — the \$100 bill — was released in November 2011, and has persisted in cyberspace on YouTube videos, blogs and tweets.

THE CANADIAN PRESS

Folks who need hobbies

Help! My money lost its smell

A few people were so convinced about the fragrant funds that they actually complained to bank officials that some of their new plastic notes were odour-free. "The note ... lost its maple smell," said one writer. "I strongly suggest the Bank increases the strength of the ... maple smell."

Another cited an alleged scratch-and-sniff area on the new \$100 bank note: "I could smell the scent once but not all the time. ... I bet a couple friends and cannot find proof, is it just me?" THE CANADIAN PRESS

Ivory Coast techies elect web mayor



Emmanuel Assouan, the newly inaugurated web mayor of Abidjan, Ivory Coast's largest city, took the oath of office with his right hand on a white iPad. THE ASSOCIATED PRESS

A 22-year-old who lives with his parents is the new mayor of Ivory Coast's largest city, Abidjan — at least according to the West African nation's active community of self-described Internet geeks.

Abidjan's budding network of bloggers, strategists, designers and web entrepreneurs organized a separate vote for web mayor in late April, days after Ivorians went to the polls for local elections.

Emmanuel Assouan was crowned leader for a group that in recent years has dreamed up creative ways to aid the city's

population of roughly four million people and draw attention to government shortcomings in areas like traffic congestion and power supply, said Amevi Midekor, who helped organize the vote. Assouan beat out a crowded field of 12 candidates, with more than 25 per cent of 534 votes counted.

He took the oath of office on Friday night with his parents looking on. As he placed his right hand on a gleaming white iPad, Assouan vowed to foster an online community that was "healthy, safe and rich in content." THE ASSOCIATED PRESS

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DON'T SCREW THIS UP FOR ME, BRAD

Uh, Mr. Premier? Please stay out of this one.

Saskatchewan's premier is now calling for the abolition of the Senate — and that jeopardizes my golden opportunity to climb the Big Rock Candy Mountain.

Now that my fellow journalistic senators Pamela Wallin (the senator for Wadena) and Mike Duffy (the senator for Cavendish) are in the soup, I'm resurrecting my campaign to be appointed to the Senate.

After all I'm perfect for the job. No qualifications are required (apparently); you rarely have to turn up for work (the Senate is in session approximately 90 days a year or one day in four) and you make \$135,000 just for breathing. The appointment is good until you are 75 or until you kick the bucket, whichever comes first. And if you endure until you're 75, there's a pension at the end of the rainbow.



URBAN COMPASS
Paul Sullivan
regina@metronews.ca

With my qualifications — years of toiling in the jungle that is journalism — I'm a shoo-in. OK, so I'm hardly Stephen Harper's BFF, but who is these days? And I will faithfully serve the north end of Winnipeg, my hometown, even if I haven't been there since Mike Duffy left Cavendish.

They need me.

And now Brad Wall threatens to spoil everything.

Sure, he sounds as if he's making sense. The 105 appointees that make up the Senate lap up 50 million bucks a year for nothing.

The Senate is supposed to review legislation conceived in the House of Commons, but seeing as the upper chamber is stuffed with government appointees/hacks, it's little more than a \$50-million rubber stamp. So if the Senate were abolished tomorrow, no one and nothing would be affected, except that we'd save 50 million bucks.

And 105 overfed sycophants would have to find a real job. Brad Wall used to be an advocate of something called a triple-E senate — equal, elected, effective — which sounds good, especially the effective part.

As for equal, LOL. Saskatchewan gets six senators, which sounds like a lot when you figure they each get paid at least \$135,000, not to mention tax-free expenses, more than 60 free flights a year, etc. etc. But Prince Edward Island, which has a population about the size of Regina, gets four. And New Brunswick, wherever that is, gets 10!

The trouble is, to change the Senate you have to change the constitution and what happens whenever we try that? Exactly. Quebec wants its own Senate or something. So it's not going to happen.

But, then, how likely is abolition, especially as the bill to abolish the Senate would have to pass in the Senate?

Oh.

So, Mr. Premier, thanks for your input. Now gangway! I'm in a hurry to get my snout in the trough before some other ink-stained wretch gets there first.

ZOOM

Do you know if your food is kosher?



GERRY BROOME/THE ASSOCIATED PRESS

Certification makes its mark in the mainstream

Rabbi Pinchas Herman inspects machinery used for enzyme production for kosher products at Novozymes North America Inc., in Franklinton, N.C. The inspection is an

example of how the centuries-old dietary code of observant Jews is adapting to its role as a mark of quality in the global food and drinks industry.

Albany Law School professor Timothy Lytton says some consumers like knowing that someone is performing additional checks now that food is a complex global enterprise. **METRO**

Guidelines

Kosher describes foods that meet dietary laws based on the Old Testament.

- Pork and shellfish aren't allowed, but cattle and finned fish are. Blood must be drawn out of meat before it's eaten. Meat and milk can't be mixed.

Industry size

\$15.3B

U.S. sales of kosher prepared foods, meat, fish and dairy topped \$12.5 billion in 2008, according to market-research firm Mintel. That was projected to grow this year to about \$15.3 billion as more and more existing products join Oreo cookies and Tootsie Rolls in becoming certified, the firm said.

Click bait



ANDREW FIFIELD
andrew.fifield@metronews.ca

I have yet to invest any money into a Kickstarter campaign, but after learning about some of the great board games that began as crowd-funded success stories, I know where I'm going to start looking. Here are three I'm keeping an eye on.

Euphoria: Build a Better Dystopia

A European-style strategy game based around resource collection and worker management that is already getting glowing advance reviews. The creators have a previous hit with Viticulture, so if you're into that game or similar ones like Catan and Cuba, this is definitely one you should check out.

Xia: Legends of a Drift System

A sandbox-style space exploration and combat game that is almost absurdly

ambitious. The cost of entry is a little steep at \$105, but the beautiful design (complete with spaceship miniatures) and play-how-you-want strategy options make jumping in on this campaign very desirable.

Scalawag!

A card game that puts you in command of a warship tasked with bluffing your way to wiping out rival players, this casual game doesn't seem nearly as intimidating as the two above. A \$20 contribution gets you a limited edition of the game, and I'm pretty tempted to chip in.

Comments

RE: Decoding Canada's Ongoing 'Skills Crisis,' published online May 25

Look up the skilled labour jobs available — businesses want three to five years experience or more. Did these businesses bother to hire and train staff when the economy was slow? Nope. Businesses are used to the baby boomers being there with all the experience at their fingertips. Nice while it lasted. Someone took a chance on the BBer's 40+ years ago, now step up

and train our young Canadians. **ve6 posted to metronews.ca**

As a Generation Jones, second-cohort baby boomer myself, I say this whole so-called skills-shortage issue is a fallacy. Jobs were no easier to find when I was an 18-year-old so why the problem now? Most of the uneducated find it too convenient to blame the boomers for their economic ills without fully understanding the fact that skills education is the key. **catspassgas posted to metronews.ca**

WE WANT TO HEAR FROM YOU:

Send us your comments: saskatoonletters@metronews.ca

With back-to-back pop hits Lovato is now radio ready

Fourth album, Demi.

The X-Factor judge and talented songstress is making strides in mainstream pop and shaking her Disney tag

Before achieving back-to-back radio hits with Give Your Heart a Break and Heart Attack, Demi Lovato wondered why she had yet to find her breakthrough on the radio.

She knew she had a big voice, and had found success as a Disney Channel star, but something was off.

"I had a moment where I was just like, 'What am I doing wrong? I know I can sing. I know I'm talented. How is it that other artists who don't have my vocals ... (are) on the radio? What's taking so long?'" she said in a recent interview. "And I realized, 'Oh, it's hit songs. You need hit songs.'"

So, Lovato went into the studio and recorded songs crafted perfectly for Top 40 radio. Demi, her fourth album, debuted at No. 3 on the Billboard 200 albums chart this week. It features upbeat, radio-friendly dance numbers and pop ballads about love and relationships.

"We didn't want to put a song on there that was an album filler, so we don't have any songs on there that couldn't be potential singles," the 20-year-old Lovato said of Demi, which features producers and songwriters like Ryan Tedder (Adele, Beyoncé), Priscilla Re-

nea (Rihanna, Selena Gomez, Madonna), and Carl Falk, Rami Yacoub and Savan Kotecha, the trio behind hits for One Direction. (Falk and Yacoub co-produced Nicki Minaj's Starships and Kotecha co-wrote Maroon 5's One More Night and Justin Bieber's Beauty and a Beat.)

Lovato got her first real hint of radio love when Give Your Heart a Break became a hit last year as she was appearing as a judge on the Fox network's The X Factor. The song was from her 2011 album, Unbroken, released months after she left rehab for an eating disorder, self-mutilation and other issues. Though she had a Top 10 hit with Skyscraper, the first single, Give Your Heart a Break, became her breakthrough, selling 1.9 million tracks.

"It was kind of like her coming-out party as a singer," said Sharon Dastur, program director for New York City's pop radio station Z100.

Lovato quickly went into the studio to record her new album, releasing the in-your-face pop jam Heart Attack, which is platinum and has so far peaked at No. 10 on the Hot 100.

"I think there's going to be a lot of radio singles, a lot of hits," said Dastur, naming songs like Without the Love, Neon Lights and Really Don't Care as potential smashes. "And I almost think (the ballad) Warrior could be like a Grammy-nominated song. It's that powerful."

Lovato, who co-wrote most of the songs, said she looked to Kelly Clarkson as inspiration when creating the album.

"A lot of the power vocalists ... they get the respect, but they

It's a hit!

"It was kind of like her coming-out party as a singer."

Sharon Dastur, NYC radio station Z100's program director. On what Unbroken represented for Demi Lovato as an album

don't get the recognition with hit songs that they deserve to have, and a lot of pop artists are very talented, but they don't have the vocal capability to really carry on those power ballads," she said. "(Kelly) has that ability to wow you and also get the sound stuck in your head."

Lovato, who starred in the Disney Channel movie Camp Rock and the TV series Sonny With a Chance, said becoming a radio artist has been a top goal.

"All I've ever wanted was my music to be heard and for people to enjoy it," she said.

Her 2008 studio album debut, Don't Forget, achieved gold status. Her albums that followed — 2009's Here We Go Again and 2011's Unbroken — have sold 487,000 and 459,000 units, according to Nielsen SoundScan.

Lovato said releasing Unbroken was a learning process because the album didn't represent her true self.

"I had just come out of rehab ... and I was trying to figure out who I was," she said. "Sometimes I can confuse what I like listening to with what I am, and I think that's what I did on that album. I was listening to a lot of R&B stuff that



Demi Lovato doing what she does best. AP PHOTO

was on the radio and instead of creating my own style, I kind of subconsciously fell into creating someone else's album, and therefore when you hear it, it didn't make a lot of sense."

Dastur said being on The X Factor has helped Lovato step out of the Disney persona that has trapped others. Lovato, too, is thankful for what the show has done for her career.

"It doesn't hurt when

you're releasing music and you're in millions of people's homes every week — twice a week," said Lovato, who will be joined by Kelly Rowland and Paulina Rubio when the singing competition series returns in the fall. "X Factor has helped me make that transition from being the Disney pop singer ... to the mainstream world."

THE ASSOCIATED PRESS

Role reversal for new Bachelorette

ABC's newest Bachelorette, Desiree Hartsock, says it's not hard to keep the details of her experience on the show a secret from her friends.

"Ironically, I'm kind of a private person anyway, so my friends know not to ask," she said in a recent interview. Hartsock has some experience with the matter, although her last reality TV romance ended in heartbreak.

The 27-year-old competed for the affection of Sean Lowe on the last season of The Bachelor. She was sent home

after a disastrous date where he met her family.

"I think after all the questions they asked last season, they got an idea that I can't talk about it and it's best that they don't ask. They just let me be and I'm excited to talk about it once it's all over," she said of the new season.

Whether the bridal designer is excited to share some good news, Hartsock is also keeping that close to the vest.

"I can't give away if I'm happy or anything but this season I think is a little differ-

ent because there are a lot of twists and turns. Everybody's gonna have to wait and see what happens," she said.

Hartsock marvels at how her life has changed in a short amount of time.

"It just blows my mind, to be honest," she laughed. "I wasn't even expecting to be on The Bachelor. It was more of a 'hey, if this works out, it works out.'"

It didn't work out with Lowe, who's engaged to Catherine Giudici, his final pick on The Bachelor. But Hartsock

won over viewers with her girl-next-door looks, attitude and raw vulnerability when Lowe sent her home after meeting her family.

The drama this time comes from 25 male contestants. Hartsock says they have "a lot of strong personalities" and she's looking forward to seeing what led up to their conflicts when she wasn't around.

The Bachelorette, hosted by Chris Harrison, premieres Monday on ABC at 8 p.m. EDT.

THE ASSOCIATED PRESS



Desiree Hartsock. AP PHOTO

2 SCENE

Pop Goes the Week

**This week:
Kanye will save
you, but he
can't save the
vampire love**



STARGAZING
Malene Arpe
scene@metronews.ca

Possible reasons Kristen Stewart and Robert Pattinson broke up. 1) He didn't forgive her for the affair. 2) She was tired of getting sparkles all over the house. 3) Sometimes an awkward relationship just runs its course. 4) Katy Perry may be to blame. 5) The promotion for the last Twilight DVD is over so their contract was terminated early.

The makers of Nutella issue a cease and desist order to the founder of World Nutella Day. That makes no sense. It's as if Justin Bieber issued a cease and desist letter to the founder of World-wide

Dumbass Drop-crotch Pants Appreciation Week.

Kanye West's new album will be called Yeezus. The first video from the album will feature Kanye turning water into really irritating, delusional wine with tiny, little leather kilt labels.

Covergirl announces a Hunger Games: Catching Fire collection. For, like, when you're hanging out, starving and wounded and plotting to overthrow a fascist regime and sooo need to look hot.

Andrew Garfield plays basketball with some kids in New York while wearing his Spider-Man costume. Not to be outdone, Kanye West plays bocce with some random senior citizens while wearing a jersey made from the Shroud of Turin.

A man who installed a video camera in his kitchen to film ghosts he believed were in the house instead caught his girlfriend having sex with



his son. Said the man, "Weirdly, I feel even more haunted now."

The explicit sex scenes in Lars von Trier's up-coming two-part movie, Nymphomaniac, were created by digitally combining the upper bodies of the actual actors with the, erm, lower part of porn actor body doubles. Sadly, von Trier wasn't able to combine the general attitude of the film's star, Shia Labeouf, with something less annoying.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Amanda Bynes

Bynes takes to Twitter to set record straight

After her arrest in New York last week, Amanda Bynes is looking to tell her own side of the story and has taken to her favourite communication tool, Twitter, to do so.

"Don't believe the reports about me being arrested," Bynes wrote over the weekend. "I was sexually harassed by one of the cops the night before last which is who then arrested me. He lied and said I threw a bong out the window when I opened the window for fresh air. Hilarious. He slapped my vagina. Sexual harassment. Big deal. I then called the cops on him. He

handcuffed me, which I resisted, quite unlike any of the reports stated. Then I was sent to a mental hospital. Offensive. I kept asking for my lawyer but they wouldn't let me." Bynes was arrested on charges of marijuana possession, attempted evidence tampering and reckless endangerment. She was released on her own recognizance and must return to court July 9. After being released, she also tweeted, "I only smoke tobacco, I don't drink or do drugs. I've never had a bong in my life! I need to get another nose job after seeing my mugshot."

Twitter



@Rihanna
Smart work pays off!!!



@NiallOfficial
Anyone know what time it is in portugal? My phone says different to my laptop



@ParisHilton
So annoyed. Still at airport, flight has been delayed 4 hours. So not going to make our connection flight from LA to Maui.



@AmandaBynes
Believe everything I say on twitter!



Lena Dunham ALL PHOTOS GETTY IMAGES

Dunham not laughing off Girls porn parody

Girls creator and star Lena Dunham is less than thrilled with Hustler's porn parody of the series. "I wish I had a better attitude about the Girls porn parody," she explains via Twitter. "Wracked my brain to articulate why I can't just laugh off a porn parody. Here are three reasons: One, because Girls is, at its core, a feminist action while Hustler is a company that markets and monetizes a male's idea of female sexuality. Two, because a big reason I engage in (simulated) onscreen sex is to counteract a skewed idea of that act created by the proliferation of porn. And three, because it grosses me out."



Ashton Kutcher

Come on, Twitter, you used to be cool

Ashton Kutcher used to be really into Twitter, but now it's been ruined, he griped at a tech conference in Las Vegas, according to CNN.

"For lack of a better verb, the media came in and f—ed it up," Kutcher said. "When I first got on, it felt like the democratization of media. Now it just feels like media. The bigger vision for Twitter when Jack (Dorsey) created it was to empower communication to happen as things were taking place. Now it's just a bunch of companies and people constantly pitching crap."

SALES REPRESENTATIVE

Who We Are: Metro is Canada's most-read national daily newspaper brand. Metro targets YAMs (youthful, active metropolitans) and reaches more than 1.6 million readers daily and 3.9 million over the course of a week. Metro launched in Canada in Toronto in 2000 and in the spring of 2012, we launched in 6 new cities. In short – we're still growing!

When you join Metro, you become part of a cross-country community. We strive to provide a culture that is engaging, flexible and creative; we value our employees and their feedback. Metro offers a comprehensive compensation and benefit package.

Metro Saskatoon is seeking an individual to achieve regional targets for print & online and other performance metrics by developing new business.

PRIMARY RESPONSIBILITIES:

- Manage and grow an assigned retail sales territory
- Design advertising programs to reflect the clients' objectives
- New Business Development
- Creatively negotiate rates
- Sell a portfolio of Metro branded products

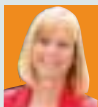
REQUIREMENTS OF THE POSITION:

- Post secondary education in a related field
- 3 years experience in sales/media sales
- Proficient in Microsoft Office applications
- Creative, efficient, flexible & detail oriented
- Strong verbal and written communication skills
- Proven track record in profitable selling

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than May 31, 2013. PLEASE QUOTE: "Sales Representative - Saskatoon" in the subject line. All submissions will be treated as confidential.

Book Excerpt

Training don'ts



IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

"Oh, just give me that. It's easier if I do it myself." Ack.

Don't ever say these words to a child (or a trainable husband) when they are mid-task.

One of the worst things we can do as managers in our own

family is to do the job ourselves instead of training the employee/child to do the job correctly. In corporate speak, this is called "dipping down" or "micromanaging." If we micromanage our kids, the end result is that a: we end up doing everything ourselves while they play video games and eat pizza and b: they don't know how to complete basic household tasks and are ultimately destined to live out their adult lives in our basement,

since they'll be too incompetent to hold down a job.

Corporate managers are expected to mentor and encourage growth. Micromanaging is the exact opposite of mentoring, and eventually even the lamest employee will start to resent her manager dipping down and doing the work she is supposed to be doing. While a child might not actively complain about Mom making his lunch when he's 15, he should. The lack of

training by Helicopter Parents today is ridiculous. Not only does it cause undue work for the parents, it prevents the child from learning to do the tasks themselves. If you are reading this section while cutting up your six-year-old's chicken, please stop. Do both of you a favour. **FROM I AM SO THE BOSS OF YOU. COPYRIGHT © 2013 KATHY BUCKWORTH. PUBLISHED BY MCCLELLAND & STEWART, A DIVISION OF RANDOM HOUSE OF CANADA LIMITED. ALL RIGHTS RESERVED.**

Exclusively online

Why is it that babies are obsessed with all things dangerous? Follow along with the comedic (mis) adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices



Tinkle time goes high-tech

Potty seats. They flush, they sing, they look like thrones to make it easier for tots and hopeful parents

For some hopeful parents, summertime is "tinkle time," as in setting toddlers diaperless while potty training. And like many aspects of life with kids, potty training means gear.

The choices in potty seats and chairs proliferated and sprouted all manner of bells and whistles.

Many convert like Transformers to serve multiple functions. One has a voice recorder to add a personal message ("Go Jacob!"). Others belt out happy tunes, have cubbies to stash wipes and books, sport their own toilet paper holders, simulate flushing, look like mini-urinals and are decked out as fancy thrones.

Basic moulded-plastic potties remain popular, high backed or low, in an industry worth more than \$50 million in 2011, according to the Juvenile Products Manufacturers Association, a trade group of companies in the U.S., Canada and Mexico.

So who's it all for, parents or little doers trying to figure out Nos. 1 and 2? Whether you decide on "elimination communication," where infants go without diapers earlier than the norm, take a cold-turkey boot camp approach or have a late and reluctant bloomer on your hands, chances are a cheery potty seat is in your future.

"People talk about potty training more. Before it was something you just got through, you know. You just did it," said Angie Peterson, marketing director for Levels of Discovery, a company that puts out painted wood potty thrones for up to \$83 a pop.

So, potty seats just keep on



Potty seats are being designed to entertain. THE ASSOCIATED PRESS/ SAFETY 1ST

coming, said Narmin Parpia, whose RNK Innovations makes ones akin to ride-on toys.

"Isn't it crazy? The idea is to keep the child amused while they're on there, just to keep them entertained while they sit and wait for things to happen. I think moms today are expecting it to be easy and it isn't always as easy as they think it is," she said.

Heidi Murkoff, who wrote the pregnancy bible What to Expect When You're Expecting isn't a huge believer in busy potty chairs.

"Bells and whistles, and musical potty seats, are never necessary. Clearly babies have mastered potty proficiency for generations without them," she said. "They just make the process more fun. But the bottom line: What kind of seat you put that cute little bottom on matters far less than how ready

your toddler is to start potty training."

There's not a one-size-fits-all approach to potty training gear, even within families, but some basic choices in seat type exist.

There's the standalone, which has to be dumped and cleaned, or an insert for the adult potty that makes the hole smaller and potentially less foreboding.

If you choose a freestanding potty, make sure it's sturdy enough not to tip over or slosh too much, advises Whattoexpect.com. Consider crevices that will have to be cleaned.

Prioritize features: Do you need one that doubles as a travel potty? Do you plan on restricting training to a small bathroom?

In any case, take your tot shopping with you for a potty to build excitement, Murkoff said. **THE ASSOCIATED PRESS**

Choices, choices



Ducky Fun 3-in-1 Potty training chair. THE ASSOCIATED PRESS/FISHER PRICE



The Boon Potty Bench with side storage spaces for books, training supplies and wipes. THE ASSOCIATED PRESS/ BOON



The Magic Garden Potty Chair. THE ASSOCIATED PRESS/TEAMSON



Princess Potty Chair. THE ASSOCIATED PRESS/TEAMSON



The Riding Potty Chair. THE ASSOCIATED PRESS/ POTTY TRAINING BOYS BY POTTY SCOTTY



2-in-1 iPotty with Activity Seat for iPad. THE ASSOCIATED PRESS/ CTA DIGITAL

3 LIFE

Egging it on in delicious ways



This recipe makes enough for two or three sandwiches. EGG FARMERS OF ONTARIO

A Classic Egg Salad Sandwich hits the spot on many occasions, but it's even better with a few added ingredients.

You can also rethink your traditional Egg Salad Sandwich and use the recipes as dips with crackers or sliced pita bread.

1. Place eggs in saucepan and fill with cold water to cover. Bring to a boil over medium high heat. Cover, remove from heat and let stand for 15 to 20 minutes. Drain and run under cold water until chilled. Refrigerate for at least 2 hours or up to 7 days.

2. Place peeled, hard cooked eggs in a bowl and using a fork or potato masher, mash eggs until finely chopped.

3. Stir in yogurt, mayonnaise, Dijon mustard, salt and pepper until smooth. Add celery and green onion (if using) and stir to combine.

4. Spread over your favourite bread, stuff into pita halves or scoop some onto your favourite salad greens.

Ingredients

- 4 eggs
- 2 tbsp (30 ml) plain non-fat yogurt
- 2 tbsp (30 ml) light mayo
- 1 tsp (5 ml) Dijon mustard
- 1/4 tsp (1 ml) salt
- 1/4 tsp (1 ml) black pepper
- 1/4 cup (60 ml) celery, diced
- 1 green onion, chopped (optional)

Salmon Dill

Omit green onion. Add 1/4 cup (60 ml) smoked salmon, finely chopped, 1 tbsp (15 ml) fresh dill, chopped, and 2 tsp (10 ml) capers, chopped.

Pickle Bacon

Omit celery. Add 1 small dill pickle, diced, 2 strips of bacon, cooked and chopped, and 1 tsp (5 ml) horseradish (or more if desired).

Chili Avocado

Omit celery and green onion. Add half of avocado, diced, 1 tbsp (15 ml) red onion, minced, 1/2 tsp (2 ml) chili powder. EGG FARMERS OF ONTARIO

Healthy eating

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Not only does Pizza Pizza offer cheap slices, but it also sells options like sandwiches and panzerottis. Although one choice is better than the other.



Pizza Pizza Cheese and Pepperoni Panzerotti

850 calories/ 46 g fat/ 1,890 mg sodium

You're getting about half your daily calories and 3/4 of your daily fat and a day's worth of sodium!

Equivalent

One Pizza Pizza Cheese and Pepperoni Panzerotti is equal in fat to 4.5 servings of Vanelis' spaghetti with meat sauce.



Pizza Pizza Sausage Sandwich

580 calories/ 22g fat/ 2,350 mg sodium

The ciabatta bun has almost 300 less calories and half the fat of the panzerotti dough even though the sausage is fatty.



RECEPTIONIST

Reporting to the Office & Sales Admin Manager, Western Canada, the right candidate for this 3 month contract position will carry out a range of administrative and operational tasks related to the daily operations of the business in the Metro Saskatoon operation. As well as provide operational and executive support to the Sales/General Manager, Metro Saskatoon and any additional administrative support as directed.

PRIMARY RESPONSIBILITIES:

- Responsible for all administrative projects as assigned
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- General reception duties and Customer service requests
- Oversee couriers and mail; both incoming and outgoing
- Responsible for prompt office maintenance and repair work
- Responsible for maintaining accurate staff lists and directories
- Answering telephones, call screening and forwarding
- Deal with complex queries and complaints, by email, phone and in person
- Greet visitors and guests

REQUIREMENTS OF THE POSITION:

- 2-3 years of demonstrated success in a similar role
- Great organizational and time management skills
- Outstanding communication skills
- Intermediate knowledge of Microsoft Office - Word, Excel & Outlook
- Attention to details and thoroughness in the execution of tasks
- Must be a team player with a great, and we mean great, sense of humor

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than June 14, 2013. PLEASE QUOTE: "Receptionist - Saskatoon" in the subject line. All submissions will be treated as confidential.

Barbecue Chicken, minus grill or calories

1. Heat the oven to 350 F.

2. In bowl combine ketchup, adobo sauce, brown sugar, vinegar, mustard and garlic. Season with salt and pepper.

3. Line shallow baking dish with foil, leaving enough excess to overhang sides. Spread half of the sauce on foil in area just size of chicken breasts. Arrange breasts on top of sauce and spoon remaining sauce

Ingredients

- 1/2 cup ketchup
- 1 to 2 tbsp adobo sauce (from a can of chipotles in adobo)
- 2 tsp dark brown sugar
- 2 tbsp cider vinegar
- 2 tbsp Dijon mustard
- 1 to 2 cloves garlic, minced
- Kosher salt and ground black pepper, to taste
- 1 lb boneless skinless chicken breasts without the filet (a total of 2 to 3 breasts, each about 3/4- to 1-inch thick)
- 1 tbsp extra-virgin olive oil
- 1/2 cup panko breadcrumbs
- 2 tsp chopped fresh thyme



This recipe serves four, and contains 240 calories and 5 grams of fat per serving. MATTHEW MEAD/ THE ASSOCIATED PRESS

over top. Bring edges of foil up and over chicken and fold to enclose. Bake breasts on middle shelf of oven 20 minutes.

4. Meanwhile, in small skillet over medium, heat oil. Add breadcrumbs, thyme, a pinch of salt and some pepper. Sauté until light golden, 3 minutes. Set aside.

5. After chicken has baked 20 minutes, open up foil and spoon sauce that has fallen off chick-

en back on top. Sprinkle crumb mix evenly over chicken. Continue baking, uncovered, until chicken is just cooked through, another 8 minutes. Let stand for 5 minutes.

6. Carefully slice chicken, then divide between 4 serving plates, spooning any sauce and crumbs that have fallen off over the chicken slices.

THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS



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Funding platform drawing crowds

Throw some pennies at that project.

Crowdfunding has come into the spotlight of late, due to a certain mayor and his uncertain habits. As the money pours in to solve the videotape mystery, we take a look at some groups who made (arguably) better use of this business booster

RITA
POLIAKOV
life@metronews.ca

When Christian Catalini first started studying crowdfunding in 2008, no one seemed to care.

"For a long time, it didn't receive a lot of attention. It was developing on the fringe," said Catalini, a PhD candidate at the University of Toronto's Rotman School of Management.

The first crowdfunding effort that caught Catalini's attention was a small organization out of Amsterdam meant to help the music industry there. Since then, crowdfunding has slowly exploded. According to Kickstarter, more than 2.2 million people pledged more than \$319 million on the site, which funded 18,109 projects in 2012.

"The advantage of crowdfunding is it lowers the cost of capital. If you don't have a reputation, you can go online and create a profile," Catalini said.

Not all crowdfunding



Amin Abdossalami, Mahyar Fotoohi and Leor Grebler of team Ubi. SUBMITTED

Did you submit? Don't sit!

Don't just assume that if you build it they will come. Crowdfunding takes a lot of work.

Ariel Garten
InteraXon Media

projects are successful, but the following were. Here's why:

Ubi
Kickstarter goal: \$36,000
Funds raised: \$229,500

Ubi, short for ubiquitous computer, is a voice-activated, portable computer that plugs into the wall and can answer questions, send emails and make phone calls.

"We wanted to do two things," said Leor Grebler, one of Ubi's creators. "One was to see if there was a

market for what we were developing and the second thing was to actually be able to raise the money to develop it."

According to Grebler, to succeed on Kickstarter, a product needs to be unique. The creators should also do their research and avoid getting cocky.

"Don't assume people are just going to back your project," Grebler said, adding that his team reached out to social media and regular media to get the word out. Also, Grebler suggests keeping the goal low, especially on Kickstarter, where the project only gets funded if it reaches its goal.

Cobra Wallet
Kickstarter goal: \$30,000.
Funds raised: \$51,128.

This ultra-thin wallet was born out of a desperate

prototype before looking for cash.

"If people see only renderings, a lot of things can go wrong. The further you can get (to the final product), the less risk there is for backers," he said.

And, of course, make a solid video with a clear message.

Muse
Indiegogo goal: \$150,000.
Funds raised: \$287,000.

Muse, made by InteraXon, is a brain-sensing headband that allows users to monitor brain activity. It could lead to controlling apps or games with our minds.

"Funding is not easy," said Ariel Garten of InteraXon.

"Don't just assume that if you build it they will come. Crowdfunding takes a lot of work," she said, adding that projects that do well are often "things that people can see using themselves."



The Muse headband invites users to see their brain in action. SUBMITTED

search for a comfortable place to put cards and cash.

Alex Kennberg, who created the project with Joshua Moore, suggests having a



The Cobra Wallet was born of a need to keep cash compact. SUBMITTED

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Many factors determine career choice

Do you have a desire to heal? Ask yourself these questions if you want to enter field of medicine

CHRIS EDWARDS
For Metro

Doctor, dentist, nurse, physiotherapist, chiropractor, midwife and more — the list of health-care careers available to you is long and varied. The professionals who perform these jobs are very different, but they have one thing in common — a desire to heal. If you want to be one of them, you must have that desire, too.

To help you decide what kind of health-care professional you might want to be ask yourself some of the following questions:

What matters to you more — variation or predictability? Does the thought of a job with daily new challenges excite you or just stress you out? Does a 9-to-5 workday sound comforting or boring? Within medicine alone you will find

careers suited to any of these personality types.

Many factors motivate a student to choose medicine, says Dr. Tom Feasby, professor of neurology and past dean of the faculty of medicine at the University of Calgary.

"Certainly, the prestige that goes with being a doctor and the general respect one gets from the community positively influence choices, as do the expectations of a good income and job security. However, I think that other factors are stronger motivations, including the desire to make a difference and to help others. Some find the science appealing and others like the technical nature of some fields. I think that many others find the variety of experience and the options available intriguing."

Now consider your personality. Are you a people person? Are you the hands-on,



Health-care professionals who perform these jobs are very different, but they have one thing in common — a desire to heal. ISTOCKPHOTO/THINKSTOCK

physical type, or does a cerebral environment (like a lab) appeal more to you? Do you

prefer working in teams, or alone? Do you like children? Joanna Nemrava is the

president of the Canadian Association of Midwives. "Individuals drawn to mid-

wifery are generally giving, caring, flexible and adaptable," she says. "A midwife ensures that her client is empowered to make decisions around her pregnancy and birth, including where she will give birth (home, hospital, or birthing centre). This requires a person who can easily adapt to different settings, be woken up at 3 a.m. to attend a birth without knowing when she will return home, and work together with other health professionals when emergencies arise."

Once you have answered some of these questions you can begin background research on the fields that interest you most. Read up on medical schools, colleges, government ministries and professional associations online. Approach your teachers, professors, or guidance counsellors for their perspectives.

And, above all, make sure to speak to the men and women who work in these fields. There is no substitute for their experience.

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2013 Saskatchewan's Top Employers

Career opportunities include the following program areas:

**Acute Care Mental Health
Home Care Long-term Care
Therapies Addiction Services
Public Health**

For detailed career opportunities and bursary incentives visit:
www.princealbertparklandhealth.sk.ca

Applicants are invited to submit their resumes to:
jobs@paphr.sk.ca



The Mooseheads' Nathan MacKinnon hoists the Memorial Cup after his team defeated the Winterhawks in the finals on Sunday. LIAM RICHARDS/THE CANADIAN PRESS

Mooseheads claim CHL's ultimate prize

Memorial Cup. Young star MacKinnon keys offence with hat trick to give Halifax its first-ever national title

Nathan MacKinnon had three goals and two assists Sunday as the Halifax Mooseheads defeated the Portland Winterhawks 6-4 to win the MasterCard Memorial Cup.

MacKinnon's performance earned him the Stafford Smythe Memorial trophy as

Memorial Cup final	
6	4
Mooseheads	Winterhawks

the tournament's most valuable player. He led the event with seven goals.

Fellow top prospect Jonathan Drouin assisted on five goals for the Quebec Major Junior Hockey League champions, who captured their first

Canadian Hockey League title.

Konrad Abeltshauser added two goals and an assist, while Martin Frk had a goal and two assists for Halifax, which got 40 saves from Zachary Fucale as a team from the QMJHL won the Memorial Cup for the third-straight year.

Ty Rattie had a goal and three assists while Nicolas Petan added a goal and two assists for the Winterhawks. Seth Jones and Brendan Leipsic scored for Portland, while Mac Carruth made 35 stops for the Western Hockey League champions.

Leading 3-2 in the third,

MacKinnon gave his team some breathing room at 7:36 with his tournament-leading sixth goal by chipping a puck past a fallen Carruth.

Abeltshauser then followed up on a MacKinnon rush to bury a rebound at 11:11 to make it 5-2.

Leipsic got one back for Portland at 14:32 and Rattie scored with 1:14 left to cut the deficit to one, but MacKinnon iced the game with 22.4 seconds remaining before the Mooseheads spilled onto to the ice to celebrate at the final buzzer.

THE CANADIAN PRESS

NHL playoffs. Sharks put shackles on Kings' offence



Kings goalie Jonathan Quick lets in Game 6's first goal off the stick of Sharks centre Joe Thornton at 6:09 of the first period. TONY AVELAR/THE ASSOCIATED PRESS

Joe Thornton got San Jose off to a fast start with a power-play goal in the first period and TJ Galiardi added a goal in the second to help the Sharks force a decisive seventh game with a 2-1 victory over the Los Angeles Kings on Sunday night.

Antti Niemi made 24 saves as the Sharks matched L.A.'s three home wins in the series. San Jose won all three games by 2-1 scores.

Game 7 is Tuesday night in Los Angeles. While the Kings seemingly have the advantage

of home ice, road teams in NHL history are 8-8 in seventh games of series where the home team has won the first six games, according to STATS LLC.

Dustin Brown scored the lone goal for Los Angeles and Jonathan Quick made 24 saves. The Kings have lost 11 of 12 road games but have been unbeatable at home, winning all six playoff games and 13 straight at Staples Center since the end of the regular season.

THE ASSOCIATED PRESS

NBA playoffs

Heat pull ahead in Eastern finals

LeBron James scored 22 points and the Miami Heat rediscovered their offensive punch, routing the Indiana Pacers 114-96 on Sunday night to take a 2-1 lead in the Eastern Conference finals.

James got plenty of help as the Heat reclaimed the home-court advantage they lost two nights earlier. Dwyane Wade had 18 points, and Udonis Haslem added 17.

David West led Indiana with 21 points and Roy Hibbert had 20 points and 17 rebounds as the Pacers lost for the first time at home in the playoffs this season.

THE ASSOCIATED PRESS

IndyCar

Kanaan has his day at Indianapolis Speedway

The hard-luck loser no more, Tony Kanaan finally won the Indianapolis 500 Sunday — with a bit of luck, at that.

In the mix all day during a record 68 lead changes, Kanaan dipped inside IndyCar champion Ryan Hunter-Reay on a restart with three laps to go.

From there, he cruised to Victory Lane under the yellow caution flag, flipping up his visor to wipe tears from his eyes as the crowd roared. Kanaan had his fair share of chances to win the Indy 500 in the past, but came up short time and time again.

THE ASSOCIATED PRESS

Golf

Weekley strong on final day at Colonial

Boo Weekley made three consecutive birdies in the middle of his round to take the lead at Colonial, and finished with a 4-under 66 on Sunday for his first PGA Tour victory in five years.

Weekley never trailed after those birdies on Nos. 8-10, which came about the same time Scott Stallings made double bogey at No. 15 to drop out of the lead.

Weekley finished at 14-under 266.

Graham DeLaet (74) of Weyburn tied for 22nd at 6-under par.

THE ASSOCIATED PRESS

Horoscopes

Aries

March 21 - April 20

Don't waste time on petty arguments today, or at any stage throughout the coming week. What other people say and do is completely irrelevant to what you have got planned.

Taurus

April 21 - May 21

It would appear that some of the people you now have to deal with are more interested in having a good time than discussing important issues. That's their choice to make – but you can choose to get new partners too.

Gemini

May 22 - June 21

It may be your time of year and most things may be going right for you but don't let your guard down. Saturn suggests a rival is angling for ways to make themselves look good at your expense.

Cancer

June 22 - July 23

If you make a blunder of some sort today you must own up to it immediately. There are far more important things you will need to worry about later in the week.

Leo

July 24 - Aug. 23

For some reason you appear to believe that others are out to get you. Why should that be? You're such a likeable Leo! Rest assured it's not in the least bit true.

Virgo

Aug. 24 - Sept. 23

Different people see things in different ways and if you keep that thought in mind today you won't go far wrong. There is really no need to get worked up about petty differences.

Libra

Sept. 24 - Oct. 23

Don't get disheartened if you have fallen behind in your work schedule. There is still plenty of time to get done what has to be done and panicking won't make it easier.

Scorpio

Oct. 24 - Nov. 22

Try to get friendly with someone you think of as a rival, maybe even an enemy. It could well be that they are not nearly as nasty as you think they are.

Sagittarius

Nov. 23 - Dec. 21

You know how to say the right thing at the right time and today you can charm the birds from the trees. One person in particular will be so enthralled that an offer is likely to follow.

Capricorn

Dec. 22 - Jan. 20

Let your hair down a little today. You may have important tasks to complete but you know they can wait. Nothing is so important that it cannot be put off until tomorrow – though tomorrow they MUST get done.

Aquarius

Jan. 21 - Feb. 19

Any ideas or insights you get over the next 24 hours are likely to be important, so don't dismiss them as wild imaginings. What you think about in the present is what you will be doing in the future.

Pisces

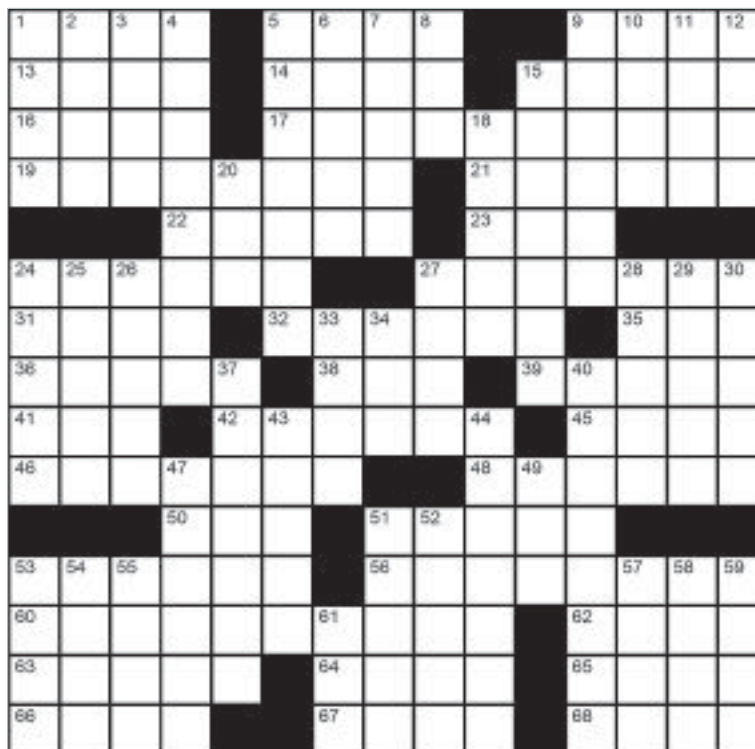
Feb. 20 - March 20

Identify your priorities and focus on them to the exclusion of everything else. The more others try to tempt you to do something else the more you must resist. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Pulled tightly
5. Becomes beyond betrothed
9. "___ It": 1980 hit for Devo
13. Shoe prop, ___ support
14. Water blue
15. Ms. Davis of TV/ movies
16. Dorothy of Oz's surname
17. Corey Hart hit: "___ at Night"
19. Federal info gathering/producing agcy.
21. "Hmmm... let me mull it over.": 2 wds.
22. Young horses
23. Wheat: French
24. Popular 1960s record label
27. Julia Louis-___ of "Seinfeld"
31. Addict
32. Come into sight
35. Ms. Gasteyer of ABC comedy "Suburgatory"
36. Preps for painting, as a chair
38. Tree type
39. Fabric measurements
41. Nickname of a President
42. ___ Brook, Newfoundland
45. Does well, as on an exam
46. CRT = ___ ray tube
48. Solar System model
50. Be in debt
51. Steer clear
53. Pleasant promenade
56. Taking away
60. Canadian magazine since 1928
62. Shakespeare, The Bard of ___
63. Paddled



64. Get wind of
65. Proportionately, Pro ___
66. Bound
67. Shakespeare's ___ Well That Ends Well
68. Acknowledged

Down

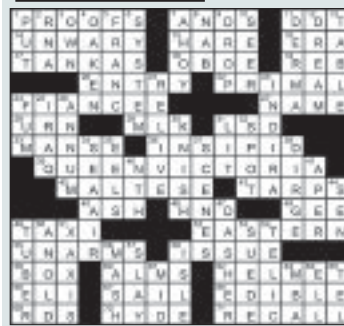
1. Labels

2. Smell ___ (Be suspicious)
3. Calif. campus
4. ___ Mines, Quebec
5. Regina's ___ Creek
6. Peer
7. Big name in Canadian smoked meat
8. Wilt
9. Actor Mr. Snipes

BY KELLY ANN BUCHANAN

10. Hamilton's ___ Village
11. Bellybutton type
12. Matador maneuver
15. National ___ of Canada (Art attraction in Ottawa)
18. The Balance
20. Scatter seed
24. Madonna song
25. City of Honshu in Japan
26. Principle
27. Dog's playful move
28. Zany comedy
29. Anesthetized
30. Cheeky
33. Non-___ clogging, as some makeup
34. Tin ___ Alley
37. Glowered
40. Termite-muncher
43. Nancy of "Entertainment Tonight"
44. Boarding house tenants
47. Communicated, owl-style
49. ___ de Janeiro
51. Spirit in Shakespeare's The Tempest
52. Corruptible
53. Ewan McGregor, for one
54. Noodle dish, Pad ___
55. Uncommon
57. Canadian filmmaker Mr. Reitman
58. Memo
59. Eat away at
61. '80s band from Norway

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

1	4	7	6	9	2	8	3	5
5	6	2	4	8	3	1	9	7
8	9	3	7	5	1	4	6	2
2	8	5	9	7	6	3	1	4
9	3	1	8	2	4	7	5	6
4	7	6	1	3	5	9	2	8
3	2	9	5	4	7	8	6	1
7	1	8	2	6	9	5	4	3
6	5	4	3	1	8	2	7	9

1		3						
	9		7					2
		5		2	4	8	6	
		8						3
	5	3		8		6	7	
4						1		
	9	7	6	4		2		
8				3		9		
					7		5	

Today

20°/11°

Thunderstorms

70%

Tuesday

21°/10°

Partly cloudy

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